

# STATE BOARD OF SUBSTANCE ABUSE AND MENTAL HEALTH

Minutes of September 20, 2006

Hilton Garden Inn

St. George, Utah

## Attended:

### Board Members:

Dr. James Ashworth, Chair  
Dr. Michael Crookston, Vice Chair  
Darryl Wagner  
Paula Bell  
Nora B Stephens  
Joleen Meredith

### Excused:

Louis Callister

### Staff:

Mark Payne  
Brent Kelsey  
Ron Stromberg  
Dallas Earnshaw  
Jan Fryer

### Guests:

Paul Thorpe  
Doug Ford  
Mike Deal  
Bob Greenberg  
Val Oveson

Brian Miller  
Harold Morrill  
Matt Denhalter  
Jack Tanner  
Pat Fleming

AGENDA	DISCUSSION	RECOMMENDATIONS/ACTION
Welcome & Introductions	Dr. Ashworth opened the meeting and welcomed those in attendance. Introductions were made.	
Approval of August 15, 2006 Meeting Minutes		Nora B moved that the August 15, 2006 meeting minutes be approved as written. Motion seconded by Paula and approved unanimously.
Presentations	<p><b><u>Southwest Behavioral Health Center.</u></b> Paul Thorpe, Director of Southwest Behavioral Health Center, welcomed everyone to St. George. In summary, he presented information on the facilities and the services that are provided within the five-county area and reported on the diversities that exist between the counties and the challenges that this creates. Innovative programs which the Center is involved in include: 1) Quality Improvement Program, 2) Utah Frontier Project, 3) efforts to redefine the Day Treatment Program, 4) Student Assistance Program, and 5) the ACOT (Assertive Community Outreach Treatment) Program. The challenges facing the center include: 1) treating the non-Medicaid population, 2) keeping current and being innovative, 3) moving the electronic record system, and 4) issues with the treatment of undocumented aliens. Paul recognized center staff for the creative and innovative kinds of services that are provided in order to meet the needs of the citizens in the five-county area, in spite of funding cuts and the large geographic area of the Center.</p> <p><b><u>Central Utah Counseling Center.</u></b> Doug Ford, Director of Central Utah Counseling Center, presented information on the six-county area served by the Center. He reported that the diversity in geography and population is similar to that of Southwest Behavioral Health and therefore, the center faces similar challenges. In summary, Doug provided the Board with information about the services and facilities within the six-county area. Challenges facing the Center include: 1) transportation for clients to get the services they need, 2) travel expenses for two psychiatrists that travel to Central Utah from Salt Lake City to provide services, 3) treating the non-Medicaid population, 4) the discovery of oil in the area and the increase in the need for services that this will create with oil riggers and</p>	FYI.

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Presentations (continued)	their families moving to the area, 5) the anticipated power plant project in the Richfield area in 2008, that will bring in 1,500 employees and their families during a four-year construction phase, and 6) difficulties in the rural area with locating adequate low-income housing and transitioning clients into employment during the recovery process. Some of the Center's innovative programs include: 1) Dialectical Behavior Therapy, 2) Center for Excellence in Psychiatry, and 3) the increased involvement of therapists with the chronically mentally ill clients. Doug reported that although the center has many challenges, he recognized the strengths of the staff and the management team for their commitment and dedication to assure that clients receive the services that they need.	
Election of New Board Officers	Joleen reported that the Nominating Committee appointed for election of new Board officers met and recommend that Dr. Crookston, currently Vice-chair of the Board, be elected as Chair and Paula Bell elected as Vice-chair. Joleen reported that both of these candidates have agreed to accept the recommendations of the Committee.	Dr. Ashworth moved that the Board accept the recommendations of the Nominating Committee as reported by Jolene. Motion seconded by Darryl and approved unanimously.
San Juan Counseling Center Update	Ron Stromberg updated the Board on the financial difficulties of San Juan Counseling Center. A copy of the report developed by the review team that visited San Juan Counseling in early August of this year, was provided to the Board for their review. Ron indicated that the report includes specific recommendations, and that he discussed the report with the center director and the local authorities prior to sending it to them. He indicated that the Center's Local Board meets on October 2 <sup>nd</sup> , and that the report will be reviewed and addressed during the meeting. It was reported that the Center has already adopted some of the recommendations within the financial area of the report and they are moving forward with implementation. The Center's Management Team has also been meeting to develop an action plan and goals for the year.	FYI.
Recovery Day Update	Brent Kelsey reported on the activities associated with Recovery Day held on September 9 <sup>th</sup> , which is part of a national growing movement associated with Recovery Month in September. A number of events are held during the month to celebrate recovery and to promote awareness and get information out to the public. Brent reported that the event included activities for the entire family and was very successful and well attended.	FYI.
SARA-Utah Update	Brent reported that the Substance Abuse Recovery Alliance (SARA) of Utah was promoted at Recovery Day and nearly 200 new members joined the organization. The current membership is about 500 and expected to continue growing. SARA now has a 15-member Board of Directors and will be electing new officers. By-laws have also been drafted and will go back to the Board for their input and ratification. The organization has become a powerful voice and members attended a recent Legislative Committee meeting to address the need for increased capacity for women's treatment. Brent recognized these individuals for their courage and willingness to do this. He reported that the intent is for SARA to transition out of the Division over the next few months and become a stand-alone, independent organization.	FYI.
2006 Treatment Needs Survey	The 2006 Treatment Needs Survey was sent to the Board prior to the meeting for their review. Brent reported that the Division contracts for this survey, which was conducted by phone in 2005. He reviewed and explained the results of the survey and encouraged the Board to take time to review it and contact him with any concerns. He reported that a press	FYI.

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Treatment Needs Survey (continued)	release would be completed and sent to the media within the next couple of weeks. A positive outcome from the survey reflects that the overall use rate with drugs and alcohol is declining among both children and adults in Utah. Brent reported that although there has been a downward trend of substance abuse in the state over the past five years, the need for treatment has remained steady.	
Utah State Hospital Report	<p>Dallas reported that issues with the Hospital's nursing shortage have improved, however, the shortage with psychiatrists remains significant. Hospital staff continues their efforts to open the remainder of the beds allocated to the Hospital. He reported that the Hospital is at 100% occupancy rate on the forensic and adult services units. The forensic waiting list remains about 14-16 individuals, and the Hospital is working well with the courts to address this situation.</p> <p>Dallas reported that the State Hospital recently opened a treatment mall, which has been in the planning stages for the past six years. He reported that treatment malls are a state-of-the art approach in state hospitals across the country and about 30% of state hospitals are using treatment malls. It was reported that out of 162 adult patients, 100 of them are participating in the treatment malls and are responding positively to the approach.</p> <p>Dallas also reported that one of the Hospital's main legislative issues would be a capitol development request for a new pediatric facility, which falls in line with the current Master Plan of the Hospital. He noted that a funding request would also be made to assist with the medical care of patients at the Hospital.</p>	FYI.
UBHN Report	Jack Tanner announced that the Utah Network of Care was officially launched at a press conference on September 19 <sup>th</sup> , with excellent media coverage provided by all three local channels. Jack distributed a brochure on the Network of Care which will be distributed widely throughout the state to bring about an awareness of the available website. Jack reported that the program, 1) provides a way to extend scarce public resources for the benefit of the entire state and provide reliable and accurate information about mental illness and substance abuse, 2) empowers consumers with information that they can use to manage their own recovery, and 3) provides valuable links to information and resources and allows individuals to compile their own health information in a single place.	FYI.
October Board Meeting	The Board had initially scheduled the October 17 <sup>th</sup> meeting in the Bear River area, however, because Bear River Mental Health is going through leadership changes, it was suggested that the Board visit the area at another time. Pat Fleming offered to host the Board at his agency for the October meeting.	Dr. Ashworth moved that the October 17 <sup>th</sup> Board meeting be held at the Salt Lake County Division of Substance Abuse Services, per Pat's suggestion. Motion seconded by Dr. Crookston and approved unanimously.